

Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

Housekeepers' Chat

Monday, October 29, 1928.

NOT FOR PUBLICATION

1.9
In 3Hh
Subject: "Modern Ways with Vegetables." Approved by Bureau of Home Economics,
U. S. D. A.

--ooOoo--

Have you noticed what a lot of fuss is being made about vegetables lately? Charlie Carrot and Sammy Spinach are coming into their own. Chauncey Cabbage, who used to be considered quite a lowbrow, no doubt from his association with Corned Beef at Dinty Moore's eating place, is now becoming so big-headed that his derby scarcely fits him.

As for Bertha Brussels-Sprouts, and Charlotte Cauliflower -- you can hardly blame them for putting on airs, when all the nutrition specialists are telling us how important they are, and how necessary it is that our daily diet include "two vegetables besides potatoes."

Sammy Spinach had quite a time, climbing the social ladder. A lot of people discovered there was sand in his family tree. And what a huc-and-ery they made! Before he could get his name in the Vegetable Social Register, a method had to be devised, to get rid of the sand. As soon as that was done, and people learned how to cook this vegetable, Sammy Spinach was accepted.

It was the same way with Chauncey Cabbage. Remember how our mothers used to cook this poor vegetable, till he was dark and mushy, and not much was left but -- well, Chauncey Cabbage had a way of making his presence known. How humiliating it must have been, to be cooked for hours, and then to have all the doors and windows opened, to clear the house of cabbage-y odors.

Poor Chauncey, how he must have suffered, till we learned that members of the Cabbage family can be cooked to a delectable point, in a very short time.

"Two vegetables a day, besides potatoes." You've heard me say that, time and again, haven't you?"

When the modern housewife cooks vegetables, she has a four-fold aim: to save their valuable food elements; to keep their natural color; to keep their natural form and texture as much as possible, that is, to keep them from falling apart; and to keep their natural flavor.

Let's consider the first one of these four aims: to cook vegetables so that we may save their valuable food elements. Know what these are? Minerals and vitamins. One good way to preserve the nutritive value of a vegetable is to bake it in its skin, and eat the skin. Irish potatoes, sweet potatoes, and squash are often baked. Cabbage, onions, and carrots can be baked, too. So can cucumbers -- remember the recipe in the cookbook, for Stuffed Baked Cucumbers?

Another good method of cooking vegetables, so as to conserve the food value, is to steam them.

10/29/23

Boiling is the method which results in the most loss, for the minerals, as well as some of the vitamins, are soluble in water. Potatoes and some other vegetables can be boiled in their jackets without losing much, however. Others, such as carrots, string beans, turnips, and cabbage, may be cut up and cooked in a small quantity of water. By the time the vegetable is tender, most of the water has evaporated, and what little is left may be served with it. Then very little of the mineral value is lost, although some of the elusive vitamins may have escaped. However, if we eat plenty of vegetables, and many kinds, we are almost certain to get a good supply of vitamins.

Another way to save these precious food elements is not to soak your vegetables in cold water before you put them on to cook. Be sure that the water is boiling, when the vegetables are put in. As I said before, whenever possible, cook vegetables with the skins on.

Still another thing -- the longer you cook your vegetables, the more food value they will lose. Over-cooking greatly increases the loss of vitamins and minerals, not to mention the harm it does to color, and texture, and flavor. Over-cooking is to blame for much of the prejudice against certain cooked vegetables.

Many vegetables can be cooked in a very short time. Young cabbage cooks in seven or eight minutes. Corn on the cob cooks in from seven to twelve minutes, according to its size. Brussels sprouts and cauliflower if broken in flowerlets, will cook in ten to twelve minutes.

For my part, I'd much rather have a vegetable that is slightly underdone, than one which has been cooked till all the flavor and color and crispiness are boiled away.

Now, I wonder if I've forgotten anything I meant to tell you, about vegetables. Salt -- I'm always forgetting the salt. Put the vegetables on in boiling salted water. And try to serve the vegetable as soon as it is cooked. If it can't be served immediately, let it cool, and then reheat it just before serving time.

There are so many appetizing ways of preparing vegetables that I don't dare begin describing them. I'd never get to the Hallowe'en dinner, if I did. In the Radio Cookbook there are 40 vegetable recipes -- but of course 40 recipes is a mere drop in the bucket when it comes to ways of serving vegetables.

Now I wish you'd turn to the menu department of your Radio Records, and write this vegetable dinner menu. It's planned especially for Hallowe'en. Everybody have a pencil? Stuffed Peppers; Five-Minute Cabbage; Harvard Beets; Lattice Potatoes, or Potato Chips; and Apple Tarts.

Cut the stem ends of the peppers and remove the seeds. If a more delicate flavor of the pepper is preferred, boil for 2 minutes and drain. The peppers are to be stuffed with a mixture of rice, tomato, and left-over meat, ground or chopped. Cover with buttered crumbs, and bake until the peppers are tender and the crumbs are brown. After the peppers come from the oven, you might add a Hallowe'en touch by making a goblin face on the brown crumbly top, with narrow strips of pimento. That's the Menu Specialist's suggestion. There are recipes for Five-Minute Cabbage and Harvard Beets in the Radio Cookbook, so I'll not take time to broadcast these.

5-12-17

The Lattice Potatoes, fried in deep fat, are pleasing, for a change. They look like miniature brown waffles, when served. I bought a potato latticer the other day, for fifty cents.

Our Hallowe'en dessert is individual apple tarts. They are to be baked in small baking dishes, with an upper crust only. Cut a goblin face in the crust. That's the Menu Specialist's suggestion, too.

Let's go over the Hallowe'en dinner: Stuffed Peppers; Five-Minute Cabbage; Harvard Beets; Lattice Potatoes, or Potato Chips; and Apple Tarts.

I want to give you one recipe today: Spiced Cider. You may want it for your Hallowe'en party. Doughnuts and cider -- they're good enough for any party. Six ingredients, for Spiced Cider:

1 quart sweet cider	8 pieces stick cinnamon
1/4 cup sugar	12 whole cloves, and
1/8 teaspoon salt	1/4 teaspoon powdered allspice

Six ingredients -- let's repeat them: (Repeat)

Mix all the ingredients. Bring them to the boiling point, and let stand for several hours. Reheat, and remove the whole spices before serving.

Tomorrow -- let's see, tomorrow's Tuesday. About time for another one of W. R. B.'s talks, on storing fruits and vegetables. I'll see if I can persuade him to write me a talk.

W. R. B.

10/10/10